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ALANIS SAYS SHE'S PREGNANT
IRONIC?
(NOT IRONIC)
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VANCOUVER metro®
Thursday, August 12, 2010
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JEFF HODSON/METRO VANCOUVER

▶ Former premier Bill Vander Zalm celebrates the successful Fight HST petition with a glass of champagne yesterday in Jack Poole Plaza.

The Zalm calls for 'total recall'

- Fight HST claimed more than 700,000 signed petition
- Elections B.C. hired 60 people who worked in two shifts for more than 40 days to verify the signatures

JEFF HODSON
@METRONEWS.CA

Bill Vander Zalm vowed yesterday to recall all of B.C.'s Liberal MLAs after the province's chief electoral officer refused to act on a successful petition against the harmonized sales tax.

"We will recall every Liberal MLA in the province, if that's what it takes," said Vander Zalm after announcing that his petition, which called for the elimination of the new 12 per cent tax, passed the required threshold of 10 per cent of voters in each of the province's 85 ridings.

However, chief electoral officer Craig James told the former SoCred premier he will not send the successful petition to a legislative committee until a lawsuit against Vander Zalm's group is settled.

The lawsuit was launched by a number of business groups and was headed by the Coalition of Forest Industries. Vander Zalm said it could be years before the suit is settled.

"There's no provision for the chief electoral officer to do what he did. I'm very disappointed."

Fight HST lead organizer Chris Delaney said petitioners would seek a court order to overturn the decision.

Finance Minister Colin Hansen said he expected the petition to pass, but was also surprised by James' conclusion.

Recalls are set to begin after Nov. 15.

Census saga continues

Tories announce minor changes to form {page 6}

Verdict in alleged gay bashing

Man found guilty in assault at Fountainhead Pub {page 3}

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Migrant ship nears

A cargo ship believed to be carrying hundreds of Tamils from Sri Lanka continued sailing toward the B.C. coast yesterday, crossing into an economic zone that extends 370 kilometres from Canada's shores, and bringing with it a potential flood of refugee claims.

Now its arrival in Canada appears imminent.

A government source told The Canadian Press the ship entered Canada's exclusive economic zone yesterday afternoon and was expected to arrive somewhere in the Victoria region, though it wasn't clear when.

The source suggested there could be close to 300 people aboard the ship.

Two Vancouver-area jails have been told to make room for at least 200 additional inmates.

Vancouver-based immigration lawyer Dan McLeod said he has been asked to act as duty counsel for some of the migrants once they arrive. THE CANADIAN PRESS

Landed Tamils

- Last October, another ship carrying 76 Tamils arrived off the B.C. coast, and all of them have since been released as they await a decision on their refugee claims.

ROBBERY

Boy, 12, nabbed for armed heist

A 12-year-old Nanaimo boy has been arrested after an armed robbery, RCMP said yesterday.

Sgt. Sheryl Armstrong said in a release that Mounties are especially concerned because this is the same child they've had more than 100 "dealings" with.

On Tuesday, two boys on bicycles approached a man exiting his vehicle, Armstrong said. The younger boy allegedly pointed a gun at the man and demanded the victim's cellphone and other items.

The 12-year-old boy was arrested after the victim called 911 and gave police a description of the suspects.

The victim was not injured, but Mounties say he was distraught at having a gun pointed at him. VANESSA YEE

Guilty verdict in alleged gay bashing

Sentencing on Oct. 22 Crown considering asking judge to rule whether the assault was a hate crime

NATASHA POON
VANCOUVER@METRONEWS.CA

A Vancouver man was found guilty of aggravated assault yesterday for sucker-punching a gay man and leaving him with severe brain damage.

Friends, family and supporters of Ritchie Dowrey, 62, cheered after the verdict. Shawn Woodward, 37, who testified he threw the punch after an unwanted sexual advance at the Fountainhead Pub in March 2009, showed no emotion as he left court.

"This individual walked into a (gay-friendly pub), knew where he was and yet he still chose to lash out the way he did," said Lindsay Wincherauk, a friend of Dowrey.

"It's an outcome where some justice is served."
LINDSAY WINCHERAUK, VICTIM'S FRIEND

B.C. provincial court Judge Jocelyn Palmer said Woodward's claim of self-defence is false.

"There is no error in reality to the alleged sexual assault, it was a fabricated story by Mr. Woodward."

She added his evidence was inconsistent and that Woodward influenced his friend's testimony.

If the judge rules the attack a hate crime, sentencing will be more severe.

Woodward is not being held in jail.

JENNIFER O'CALLAGHAN/FOR METRO VANCOUVER

▶ Shawn Woodward, right, with lawyer Joel Whysall, centre, walks to B.C. provincial court yesterday.

1 news

News on the move

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3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

SpinDoctor on the dying gasps of what's left of the Reform Party. More at metronews.ca/blogs

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News in brief

Playland evacuated

POWER OUT. Hundreds of people were evacuated from the 35 midway rides at Playland yesterday when the power unexpectedly went out at the park. The fair was closed for the day and is expected re-open today. No one was injured.

KRISTEN THOMPSON

RCMP seeks medal owners

FOUND. RCMP in Surrey are looking for the rightful owners of a set of Second World War medals found during a police raid at a home on King George Boulevard. Officers also found jewelry, electronics and firearms.

KRISTEN THOMPSON

Police look for shop robbers

CRIME. Vancouver police are searching for three suspects who robbed and pepper-sprayed the owner of a Chinese herbal medicine store on East 41st Avenue. Investigators say the suspects made off with specialty herbs.

KRISTEN THOMPSON

Ex-PNE beauty queens sought

CELEBRATION. Former Miss PNE winners are being sought to participate in the PNE's 100th anniversary celebration. The women are asked to contact Hilary Davis at hilary@prpconnect.com or 604-505-3603.

VANESSA YEE

Trolleys back on Granville

TRANSIT. Trolley buses are coming back to Granville Mall Sept. 7 after a four-years absence.

VANESSA YEE

Lawyer wins $6M suit

COURTS. A Vancouver lawyer flattened by a colleague on a dance floor has been awarded a $6-million settlement.

THE CANADIAN PRESS

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Bike lane trial gearing up

Vancouver city council to vote in September on Hornby separated bike lane trial

JEFF HODSON
@METRONEWS.CA

JEFF HODSON/METRO VANCOUVER

▶ A cyclist turns onto West Georgia from Hornby Street.

A proposed separated bike lane along Hornby could provide a big boost to the number of people cycling in Vancouver, a city engineer said yesterday.

It would, however, result in lost parking, loading zones and turn restrictions because barriers would be installed along the east side of Hornby.

"If Dunsmuir is any example, (Hornby) could be huge," said Lon LeClaire, the city's strategic transportation planning engineer.

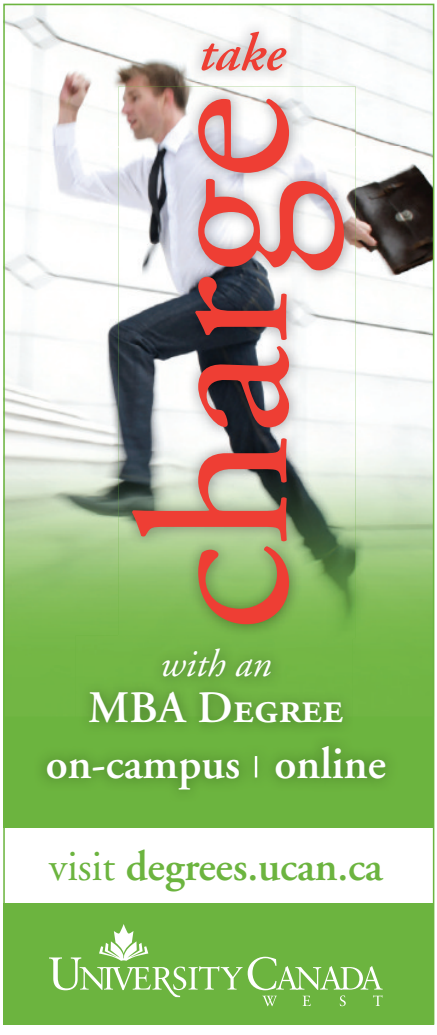
LeClaire spoke during an open house yesterday.

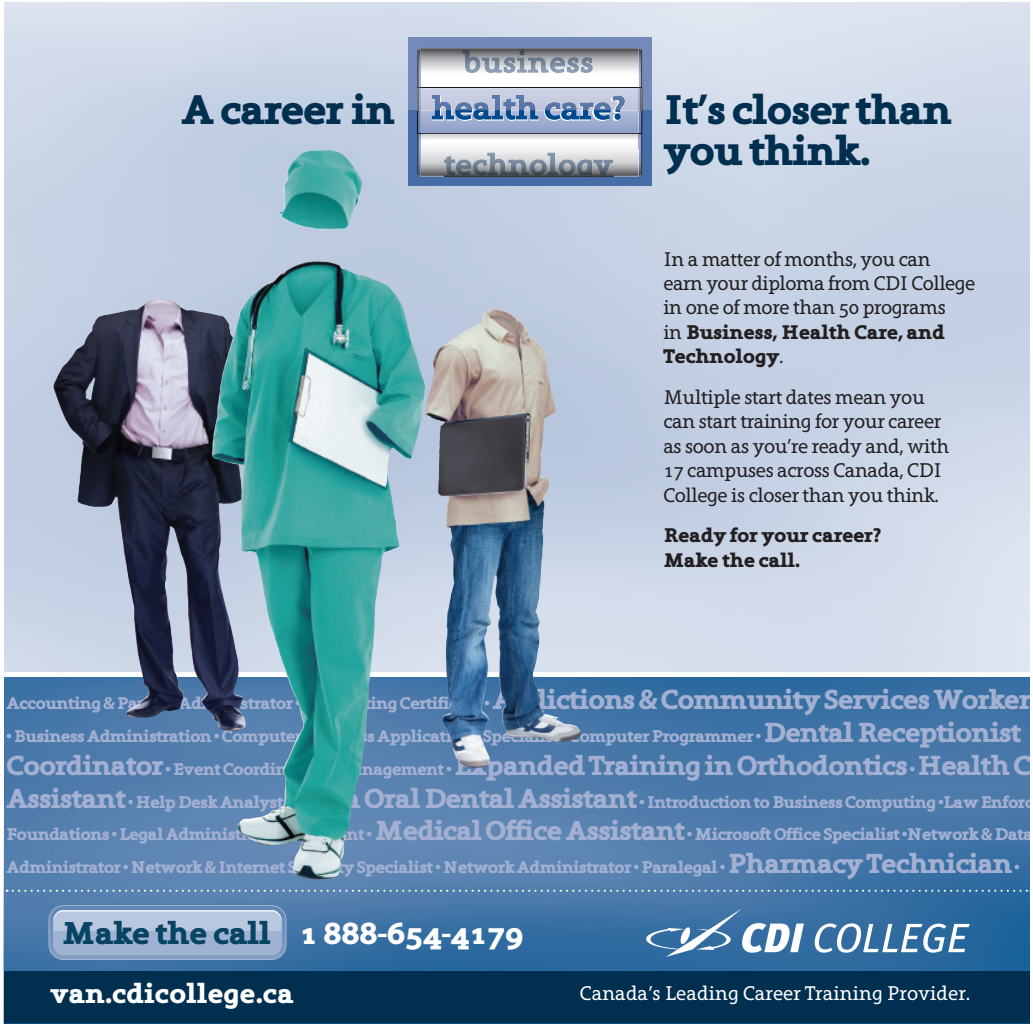
"When you think about the market we are trying to tap into, it is gigantic."

The trial, which could cost $1.6 million to $2 million, aims to increase a cyclist's sense of safety and encourages more people to get out of their vehicles.

Philip Meyer, general manager of the Wedgewood Hotel on Hornby, was among those at the open house.

He said while the hotel is a fan of cycling (it sponsors the Wedgewood Cycling Team), he has questions about how the lane will impact parking and intersections.





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News in brief

Ship fired first: Israeli chief

JERUSALEM. More force should have been used to clear a ship's deck before the deadly May raid on a pro-Palestinian flotilla, Israel's army chief said yesterday, claiming that some of the Turkish activists on board had guns and opened fire first, in the most detailed account of the incident.

The army chief said an Israeli commando was shot in the stomach as he rappelled down to the Mavi Marmara, forcing him to return fire.

THE ASSOCIATED PRESS

China searches for survivors

ZHOUQU, CHINA. Heavy rains lashed a remote section of northwestern China as the death toll from weekend flooding that triggered massive landslides jumped to 1,117, although the fading hopes of rescuers got a boost yesterday when a survivor was found in the debris.

Local officials were cited as saying at least 627 people were still missing.

The National Meteorological Center warned there was a "relatively large" chance of more landslides in the coming days, as heavier rain was expected for Friday.

THE ASSOCIATED PRESS

Fraud charges for alleged faker

MILTON, ONT. A woman accused of faking terminal cancer and taking money raised to help her is facing another fraud charge.

Police allege Ashley Kirilow, of Burlington, Ont., pretended to have cancer to raise money she promised to give to charity, but kept the cash for herself.

She was facing three counts of fraud under $5,000, but Halton police said she is now also charged with one count of fraud over $5,000.

THE CANADIAN PRESS

Tories lied about census: Opposition

Tories have defended scrapping mandatory census on account that jail time for non-compliance is unrealistic

Opposition parties say newly released documents prove the Conservative government lied to Canadians about controversial changes to the census.

Liberals and New Democrats say the documents show Statistics Canada feared unreliable data would result from the government's decision to replace the mandatory long-form census with a voluntary survey.

That's contrary to Industry Minister Tony Clement's claim that StatsCan was comfortable with the change.

Liberal MP Bob Rae said the Tories are "scrambling by the seat of their pants" and should just admit scrapping the mandatory survey was a mistake.

"They should just stop digging themselves further into the hole."

NDP Leader Jack Layton says Clement lied and should have been moved out of his post during last week's cabinet shuffle.

"We're into a comedy of errors and it would be funny if wasn't so darned expensive and foolish and short-sighted," Layton said.

Layton says he'll try to forge a common front among opposition leaders.

Papers released Tuesday revealed that the former head of StatsCan, Munir Sheikh, advised that a voluntary survey would not be as useful as the current mandatory form.

In a draft of a planned July 21 speech to staff, Sheikh said a voluntary survey would meet the needs of many users "but will not provide useful data to meet the needs of other users of the mandatory long-form census."

Sheikh resigned before delivering the speech.

THE CANADIAN PRESS

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Census changes

The Harper government has blinked in the face of a challenge to its controversial census changes.

- Industry Minister Tony Clement announced yesterday that the government will add three linguistic questions to the mandatory short-form census.
- It is also dropping the threat for jail for people who do not complete any mandatory government survey.
- The moves come after a court challenge by a francophone group which argues the changes violate their Charter rights and the Official Languages Act.

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IT'S THE LITTLE THINGS THAT MATTER

He says ...

JOHN MAZEROLLE

Welcome to Advice 101, so called because it was ranked 101st best column in Canada by a team of Internet message board commentators who agree that there should a White Heterosexual Male Day.

Q Hey, John! I hear you're looking for an apartment. As a trained advice columnist, what tips would you give somebody looking for a new place?

A Well, apartment hunting can be a slow and frustrating ordeal, or a rushed and unsatisfying one. The choice is yours.

The first thing to remember is that, no matter what apartment you choose, there's a better apartment that you missed. The best way to deal with disappointment is to brace for it.

Q What are some key signs that an apartment is not right for you?

A One sure sign — and this really happened to me — is you discover that the house number has been drawn onto the door with liquid paper and is still wet.

While the extra effort was appreciated, it changed my prepared questions from concerns like "Is the water pressure strong?" to concerns like "Is there a toilet?"

I still took the tour to be polite, then declined. I like to think the lightbulbs were freshly screwed in on my way over so that I didn't have to fumble around in the dark. It's the little things.

"The ideal apartment would be covered in that non-stick coating they put on frying pans."

Q And what "little things" should one check for?

A Take this checklist with you:

- Are the mice friendly?
- Is there police tape? How much?
- Does the landlord believe that evolution happened in quick spurts? Or steadily over time? Judge him accordingly.

Q What would you consider the ideal apartment?

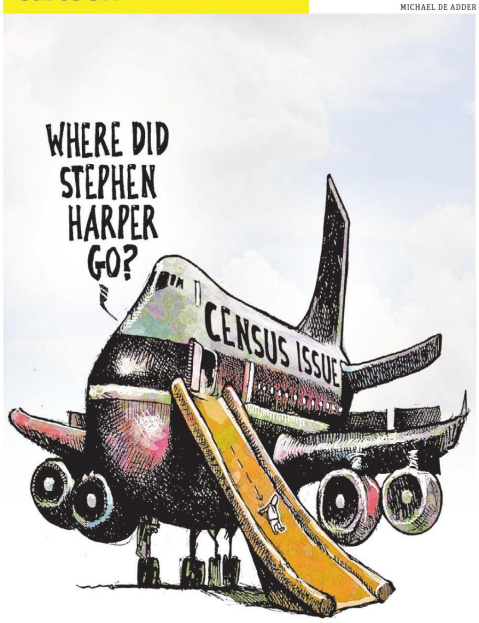
A I'm a respectful apartment dweller, but I'm a bit of a slob. And by "a bit," I mean I once knocked over a coffee in my apartment and was delighted when it did not spill anywhere because it had hardened into a new invention I call Coffee Flakes. The patent is pending.

So then, the ideal apartment would be covered in that non-stick coating they put on frying pans. There would be a drainage hole in one corner of the apartment and a jack in the other. Once a month I would jack up one side of the apartment and let slide out all of the items that wouldn't come clean, such as the Barcalounger.

If you see anything like this on Craigslist and it's within 500 metres of a bus station, let me know. I'm liquid-paper flexible.

Cartoon

MICHAEL DE ADDER



Low-maintenance loyalty

Letters & Tweets

We asked: What?s the better pet dogs or cats?

TORONTO. Dogs are loyal, cute and can guard a house when you are working all day. Playing a game of fetch is stress relieving and looks cool. Cats ignore you, relieve themselves in a box indoors and are otherwise useless.

I know some people think cats are better as a pet because you have to earn their friendship, but if I am going to work hard on a relationship, it's going to be for human friends and family.

A pet should just be happy to be along for the ride ... it's ok to stick your head out the window.

JASON HARRIS

EDMONTON. @mikeatqazam Dogs of course, they'll actually listen to you. Ever try to get a cat to listen to you? Good luck.

Re: Going, going Ghana (Aug. 4)

TORONTO. I was surprised and at the same time pleased to read this article by Romina McGuinness.

Here is one Western journalist who, unlike several others, sought to portray a few positive aspects of an African country — a far departure from the usual Africa-bashing. Thanks, Romina.

BEN POKU

Man's best friend

DAVID COOPER/TORSTAR NEWS SERVICE

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Metro Minute with a meteor shower

If you've got a minute tonight, look up!

The Perseid meteor shower has the reputation of being the biggest and brightest of all meteor showers and, with clear skies in the forecast, a light show is expected tonight.

Raminder Samra, an astronomer at the H.R. MacMillan Space Centre, said the shower's peak will be midnight until dawn.

"The best place to watch the meteor is a place that's dark, like a park or backyard with no light polluting it," Samra said.

Feeling adventurous? Watch the spectacular show from one of the region's highest points like Cypress Mountain or the Burnaby Mountain Conservation area. ● **JENNIFER O'CALLAGHAN**

ETHAN MILLER/GETTY IMAGES

▶ A meteor is seen streaking against a field of stars.

Trade deficit symptom of slowdown

U.S. trade deficit also up ◗ Toronto and New York markets fall ◗ Fears grow of double-dip recession

Falling exports and higher trade deficits in Canada and the United States in June are sending a warning that the global recovery is slowing faster than policy-makers anticipated, according to analysts commenting yesterday on the latest trade figures.

Canada's monthly trade deficit came close to doubling to $1.13 billion during the month, as exports fell 2.5 per cent.

Meanwhile, the U.S. recorded its worst trade month in almost two years, as the deficit ballooned 19 per cent to $49.9 billion, and exports fell 1.3 per cent.

Even China, counted on to lead the world out of the slump, reported Wednesday that its industrial rebound slowed further in July, after braking somewhat in the previous three months.

$1.13B Canada's trade deficit for June, almost double the deficit in May.

The triple whammy of negative news, combined with a warning from the U.S. Federal Reserve on Tuesday that the recovery was weaker than expected, sent global markets spiralling lower.

The Toronto and New York stock exchanges were both down over 250 points yesterday — more than two per cent — and the Canadian dollar fell more than a cent to 95.67 cents US.

While trade numbers can be volatile, economists say the broader trend line across indicators is pointing consistently downward, and more so than central banks in Canada and the U.S. have been projecting.

"We're not far from a stall," Brian Bethune, chief economist for IHS Global Insight, said of the U.S. economy.

"I don't think we have the ingredients that would normally accompany a double-dip, but certainly we are getting into stall speed."

Bethune said it was highly unlikely Canada could avoid getting broadsided if there is a sharp slowdown in the U.S., where about three-quarters of Canadian exports wind up.

Bank of Montreal economist Douglas Porter called the U.S. economy the more concerning of the two because of its potential to impact the global recovery and Canadian exports, but cautioned that Canada's domestic economy is also showing signs of stress.

THE CANADIAN PRESS

China's growth slows again

China's industrial growth slowed further in July as Beijing clamped down on a credit boom.

Inflation spiked to its highest level this year as summer flooding wrecked crops but analysts said the increase will likely prove temporary. The government data adds to signs China's boom is cooling. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

DOLLAR		Natural gas 1,000 cu ft	
- 1.20¢ US	95.67¢	+ 2.9¢ US	$4.326
		Gold	
		+ $1.30 US	$1,197.50
OIL		**TSX**	
- $2.23 US	$78.02	- 256.08	11,582.21

Currency. U.S. dollar

▶ Currency traders in Tokyo watch as the greenback falls against the yen.

SHUJI KAJIYAMA/ASSOCIATED PRESS

Dollar hits 15-year low

The U.S. dollar slid to a 15-year low against the Japanese yen yesterday, dragged down by the anemic recovery in the world's biggest economy. The greenback was quoted at 84.71 yen in London, the lowest since 1995.

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2 scene

Calder solo album a love letter to mother

Project helped New Pornographers singer deal with mother's illness and death Plans solo tour next year

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

When most musicians release an album they spend months touring in support of it. But not Vancouver musician Kathryn Calder — she's has no intention of quitting her day job, as a singer in the New Pornographers, to play her debut solo album around the country.

And you can't blame her — when I called her last week she was hours away from playing Lollapalooza with the Pornographers. "It's a pretty big show," she said, a major understatement considering she'd likely be working small bars if she were playing her own record across the country. She will tour, probably next year, when her main band's hectic schedule relaxes. Until then you'll have to listen to her passionate debut disc, Are You My Mother?, which was written and recorded in the months before her mother passed away from ALS, also known as Lou Gehrig's disease.

While Calder, who also played with Immaculate Machine, had always wanted to write a solo record, it wasn't until her mom got sick that she decided to go for it. "Her illness was a gentle motivation," she says. "I wanted her to hear it because I knew she would really enjoy it. I didn't want to look back and regret waiting."

You might expect the disc to be full of depressing dirges, but it's not. There are some somber tunes — Arrow is a stunning track that's clearly about her losing her mom — but there's also some upbeat power pop numbers like the Pornographers sounding Follow Me Into The Hills.

"It was a conscious decision. I didn't want the record to be all one mood," she says. "I didn't want it to be a sad, dark record. My mom's illness wasn't the only thing that was happening to me at the time — there were some happy moments too."

Clearly, Calder's open about what she went through. She admits it's been hard to put herself out there, but it's helped her deal with her mom's death.

"Just writing about what was going on helped in some way or another," she says. "In my first interview, which was for my home town paper, I did get teary. But there's no way I could not talk about this — it was so tied into the record. Plus, if it raises awareness of ALS then all the better."

Go your own way

Kathryn Calder is not the only member of a supergroup who has gone solo. Here are a few others:

- **Feist:** She's now famous for her soft, jazz-tinged tunes, but it was as a member of Broken Social Scene and By Divine Right where she got to hone her chops.
- **Scott Weiland:** The drug-addled vocalist will be best remembered for fronting Stone Temple Pilots and singing in Velvet Revolver, but he did try to go out on his own with 2008's Happy in Galoshes.
- **Slash:** Another Velvet Revolver alum, the legendary guitarist has been in and out of supergroups forever. But, unlike Wieland, his 2010 debut self-titled solo disc was actually pretty good.
- **Chris Cornell:** Soundgarden's singer has been in two supergroups — Temple of the Dog and Audioslave. He should have stuck with them; his three solo albums are low spots in his career.

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▶ New Pornographers' singer Kathryn Calder has a new solo album called Are You My Mother?

News in brief

A 3-D documentary on the Queen is set to air on CBC next month. The public broadcaster says it will show Queen Elizabeth in 3-D on Sept. 20.

THE CANADIAN PRESS

St. Louis rapper Nelly has joined St. Louis urban station Hot 104.1 as the afternoon drive-time host. Station executives expect Nelly's on-air stint to last for about a month.

THE ASSOCIATED PRESS

Roots miniseries director David Wolper dies at 82

▶ Javier Bardem and Julia Roberts star in Eat Pray Love.

Bardem says working with Roberts in Eat Pray Love 'easy'

If Javier Bardem had to choose whether to eat, pray or love, he doesn't know which one he'd pick.

The 41-year-old actor says all three are important and he wonders why anyone would want to choose just one.

Bardem co-stars with Julia Roberts in the new movie Eat Pray Love, directed by Ryan Murphy and based on Elizabeth Gilbert's best-selling memoir. The film opens in theatres on Friday.

He says working with Roberts was "easy."

Bardem says he was impressed with Roberts' generosity and had fun working with her.

Film fans, not to mention the global media, have been buzzing about Bardem's and Penelope Cruze's secret nuptials in the Bahamas, revealed a few days after the Spanish team won the championship July 11. The couple had known each other since the early 1990s. They became re- acquainted two years ago after starring in Woody Allen's Vicky Cristina Barcelona.

THE ASSOCIATED PRESS

Movie review See it twice ●●●●● | See it now ●●●● | Worth watching ●●● | Yawn ●● | Don't bother ●

Fact of the Land

Land
Genre: Documentary
Director: Julian Pinder
●●●½

It has been said that the three most important words in real estate are "location, location, location."

That thesis is borne out, in ways both tense and amusing, in Toronto-based filmmaker Julian Pinder's new documentary Land, which focuses on Nicaragua's Pacific coast and the bold — or is that foolish? — efforts of American developers to erect luxury housing projects and resorts on historically blood-soaked terrain.

Pinder, who apprenticed under the master Canadian documentarian Jennifer Baichwal, spent several years shooting in Nicaragua, slyly drawing parallels between the mercenary activities of these American expatriates and the imperialist incursions of the 1980s.

What begins as a rather cleanly sketched tale of exploited indigenous workers in a country with a lamentable history of land rights violations assumes an even deeper — and more frightening — dimension with the 2007 election of former Sandinista leader Daniel Ortega to the Nicaraguan presidency.

Ortega's re-emergence destabilizes an already frayed society, and the film's American subjects — previously portrayed as at best naïve and at worst as profiteers — are rendered sympathetic in the face of threats of violence.

It's a complicated situation, and while Pinder's style doesn't always opt for subtlety — like when a discussion of economic inequality is over-layed onto footage of fish being brutally gutted — he paces and shapes the material like a pro. ADAM NAYMAN

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All these years under Julia's spell

Roberts swept us off our feet with her effervescent role in Pretty Woman and took home the Oscar for Erin Brockovich ◐ A look at her top 5 movies

Eat Pray Love allows Julia Roberts to show off the best of what she can do: flash that radiant smile and let loose with that hearty laugh, but also provoke more than a tear or two in emotionally weighty scenes.

An A-lister with irresistible magnetism, Roberts is a movie star through and through but she can also really act, as evidenced by her three Oscar nominations and one win. It was hard to winnow the list down, but here's a look at the five most notable performances of Roberts' long and illustrious career:

Erin Brockovich (2000)
The title may have seemed like a head-scratcher at the time but there was no mistaking Roberts' dominance in taking on the true story of a trash-talking environmental crusader. This is the role that earned her a well-deserved Academy Award for best actress.

▶ 2000's Erin Brockovich confirmed Julia's superstar status.

Pretty Woman (1990)
This movie could not come out today — not without a shred of irony. But 20 years ago, it asked us to accept not only that a prostitute could walk the streets of Los Angeles looking like Julia Roberts, but that she'd also turn out to be charming and poised enough to accompany a wealthy businessman to polo matches and high-pressure society events. Nevertheless, Roberts made it work in the performance that made her a superstar.

Steel Magnolias (1989)
She was pretty much an unknown at this point but she stole the spotlight away from much more seasoned actresses, including Sally Field as her mother and the scenery-chewing Olympia Dukakis and Shirley MacLaine as a couple of bickering biddies. It was a performance that helped put her on the map.

Closer (2004)
A rare chance for Roberts to show an ugly side. Then again, everyone screwed everyone else over at some point in Mike Nichols' film, which screenwriter Patrick Marber adapted from his own London stage production. Roberts played a photographer who winds up in various romantic permutations with Jude Law and Clive Owen, and the scene in which Owen confronts her about an infidelity is devastating.

Duplicity (2009)
Roberts and Owen reteamed for a little more fun this time. They enjoyed a delightful chemistry as former spies and on-again, off-again lovers who scheme to steal tens of millions of dollars from the duelling corporate behemoths that employ them. Roberts looked great here in her return to leading-lady status after a few years off. THE ASSOCIATED PRESS

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Carson alive and kicking online

Tonight Show episodes digitally restored on the web

THE ASSOCIATED PRESS FILE PHOTO

▶ Ed McMahon, left, shakes hands with Johnny Carson during the final taping of The Tonight Show.

For three decades, Johnny Carson tucked his audience into bed while welcoming thousands of guests to The Tonight Show.

Now the full Carson canon has been restored, digitized, annotated and transcribed.

One result of this huge archiving effort will be an upgraded website for fans containing dozens of clips for ready viewing.

Yes, there will be a boosted product line of Tonight DVD sets for purchasing through the website.

"But it will also become more of an entertainment site," said Jeff Sotzing, president of Carson Entertainment Group, a former Tonight producer and Carson's nephew. "There will be 40 to 50 clips, which we will change on a regular basis."

A companion clip-licensing website is also going live this week. Accessible only to media professionals who establish accounts, this site takes full advantage of the Tonight cataloguing project, with a total of 3,300 hours of searchable program content keyed to any search term. For example, the search engine locates 1,570 instances of Hi-yo, announcer Ed McMahon's hearty greeting to Johnny. Any of them can be instantly streamed.

4,500
Number of nights Johnny Carson held court on The Tonight Show until retiring in May 1992.

While certain early episodes were erased by NBC, the library reaches back as far as Carson's first weeks on the air in October 1962 (such as a session of Stump the Band on October 31, with then-bandleader Skitch Henderson).

While specifying no time table for opening the vault to Carson fans, Sotzing said, "I don't want to keep them out for long."

THE ASSOCIATED PRESS

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Album reviews

A classic ●●●●● | Buy it ●●●● | Get the single ●●● | Borrow it ●● | Don't bother ●

A triumph of Americana folk rock

GETTY IMAGES

▶ John Mellencamp

John Mellencamp
Album: No Better Than This
Label: Rounder
●●●●½

John Mellencamp has been telling us for years that he doesn't want to be a rock star anymore. Just in case you didn't get the message with his raw 2008 release Life, Death, Love and Freedom, he's now served up No Better Than This — an album that proudly proclaims "recorded in mono" on its jacket. It sounds like it fell off the back of a chuck wagon steered by geezer twins Willie Nelson and Bob Dylan — which in many ways it was. Mellencamp recorded it off a single microphone while touring minor league baseball parks with the two legendary songwriters. He even taped one track — Right Behind Me — in the same San Antonio hotel room that Robert Johnson recorded Cross Road Blues. The end result, pieced together by producer T-Bone Burnett, is a lo-fi triumph of Americana folk rock a la Johnny Cash, John Prine or Steve Earle. The voice is ragged but the title track's message is starkly clear — eat up life now cuz there ain't no seconds. It may be a bit jaded, even a tad cynical, but, at 59, Mellencamp can do as he pleases. Rock stars come and go. Great songs never die.

Outstanding track: Save Some Time to Dream

GRAHAM ROCKINGHAM

Scott Pilgrim Vs. The World
Album: Original Motion Picture Soundtrack
Label: Decca/Universal
●●●

Rarely does a soundtrack warrant a listen anymore, but Scott Pilgrim Vs. The World is full of curiosities. There is the requisite filler, but this is boosted by Beck and hometown boys Broken Social Scene, who have assumed the guise of bands from the film. As Sex Bob-Omb (Pilgrim's band in the film), Beck embraces his old slacker self with some amateurish garage punk, while BSS try sludgy hardcore as Crash and the Boys. It's all good fun.

Outstanding track: Scott Pilgrim.

CAM LINDSAY

Hawksley Workman
Album: Milk
Label: Isadora
●●

Hawksley Workman's never shied away from exploring new sounds, but it doesn't always work. On Milk, his electro-pop experiment that he already released digitally, is a major disappointment. Besides the amped up rock track We Dance to Yesterday — one of the singer's best songs — the rest of the album is extremely difficult to listen to. Warhol's Portrait of Gretzky, with it's weird chorus of "Warhol's portrait of Gretzky, pretty f**king sexy" sounds like a song from an Andy Samberg short.

Outstanding track: We Dance to Yesterday.

BRYAN BORZYKOWSKI

You oughta know: Alanis is pregnant

Ottawa-born Morissette takes to Twitter to announce that she and husband Mario Treadway are happy to be expecting their first child together

Alanis Morissette and new husband Mario Treadway are expecting a baby.

The Ottawa singer announced the news via Twitter after discussing the pregnancy in Us magazine. "yes, happy news....i'm pregnant :)," Morissette wrote on the social networking site yesterday morning. "we're so excited to start our family.... xo a."

Morissette married Treadway, who performs as a singer and rapper under the name Souleye, in May.

The 36-year-old Morissette has sold more than 60 million albums and has won seven Grammy Awards and 12 Junos.Her latest album, Flavors of Entanglement, was released in 2008 to critical praise, but did not match the sales of her previous musical efforts.

The singer/songwriter was previously engaged to fellow Canadian actor Ryan Reynolds – their relationship lasted for four years until both went their separate ways in 2006. He later went on to marry actress Scarlett Johansson in 2008, whereby Morissette said she was "thrilled" for her ex. THE ASSOCIATED PRESS

Who's the daddy?

Here's a brief rundown of Alanis' husband, the artist known as Souleye.

- The L.A.-based MC was born Mario Treadway in Massachusetts.
- Like his wife, he loves to write and is a big fan of using wordplay in his lyrical content.

REED SAXON/THE CANADIAN PRESS

That is going to be one angry, musical child.

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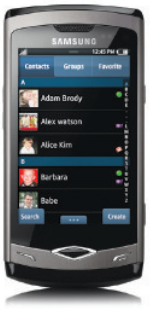

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GETTY IMAGES

Kate Winslet in less weird times.

Winslet 'weirded out' by sex scenes in front of husband

Even before their split, tensions were already mounting between Kate Winslet and Sam Mendes while filming 2008's Revolutionary Road, especially during intimate scenes with co-star Leonardo DiCaprio, according to the Sydney Morning Herald. "It was certainly a difficult time," DiCaprio says, according to the newspaper. "She was really worried that Sam wasn't bothered by the fact that his wife was making out with another guy right in front of her. I told her it was only acting, but she kept on saying, 'This is really weird.'"

2 The number of times in which Winslet and Leonardo DiCaprio have shacked up on the silver screen.

METRO WORLD NEWS

Lohan judge recuses herself

The judge who sent Lindsay Lohan to jail has removed herself from the case after a prosecutor complained she improperly contacted a rehab centre about the court-ordered treatment of the actress.

District attorney spokeswoman Jane Robison said yesterday that Judge Marsha Revel recused herself Friday.

Robison says the contact with the rehab centre was among several instances when Revel improperly communicated with participants and experts without the prosecutor present.

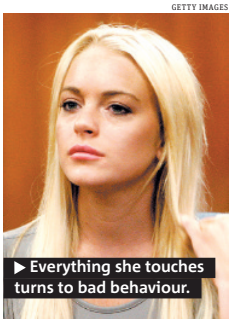
Superior Court Judge Elden Fox is now handling the Lohan case.

The actress was released Aug. 2 from the women¹s jail in Lynwood, where she served 14 days of a 90-day sentence for violating her probation in a 2007 drug case.

TMZ.com first reported the recusal yesterday.

THE ASSOCIATED PRESS

GETTY IMAGES



Everything she touches turns to bad behaviour.

Bite-sized Dish

1 Though he and ex-girlfriend Paris Hilton were spotted making eyes at each other in St. Tropez last month, Doug Reinhardt says he's enjoying the single life. "It's nice to be single and work on yourself," Reinhardt tells Crushable. "That's what I'm into right now. I'm not looking for anybody. If anybody comes that I like, I'll pursue that. When you look for it, that's when all the bad ones come."

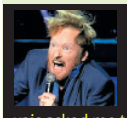
2 Gossip Girl stars Jessica Szohr and Ed Westwick holed up in a Chicago hotel last weekend and racked up an $800 bill on room service, according to Page Six. Szohr was supposed to be in town to make an appearance at a Lollapalooza event, but never made it, enraging the organizer.

METRO WORLD NEWS

Celebrity tweets

Drake Bell [@Drake-Bell] Boarding a plane to Nicaragua. It's gonna be a long flight!

Alyssa Milano [@Alyssa-Milano] You know what I love? I love how excited my dogs get about their dinner even though it's always the same dinner.



Conan O'Brien [@Conan-OBrien] Ricky Gervais asked me to tweet that his movie Cemetery Junction is playing at Mann Theatre in Glendale. I refuse

METRO WORLD NEWS

3 life

From (size) zero to six: How curves saved Paige's denim career

Former model and anorexic shares her story about weight and acceptance Today, her 'proper fit' denim is one of the most sought-after brands in Hollywood

JORDANA DIVON
FOR METRO CANADA

Paige Adams-Geller has a surprising message for fans of her eponymous denim line: Thin isn't necessarily in.

The L.A.-based former model and pageant queen says she spent years battling anorexia to fit the industry standard, but it was only after she recovered to a healthy weight that her career took off.

"When I went to treatment (for anorexia), I gained weight quickly, and it was a very scary feeling because you don't know when it's going to stop," she recalls.

"But that's when I met the guys from Lucky Brand Jeans, who told me I had the perfect proportions for their line. And it was such an unusual feeling to be rewarded for being fuller and more curvy."

As a size 6, Adams-Geller's curves filled out the jeans much better than her size 0 counterparts. In fact, she looked so good in denim that she quickly became the most sought after fit model in a town of tiny tushes.

"Going in and trying on these jeans and having them feel great and look great was a new experience for me," she says. "And if I started to get too skinny, I wouldn't get paid – so I had to keep my weight up and that's when I learned to finally appreciate that I looked healthier and felt better."

"I think that fit never goes out of style no matter what you're doing in a line... a great-fitting article of clothing is the most important thing"
PAIGE ADAMS-GELLER, PAIGE DESIGNER

With years of experience under her custom leather belt, Adams-Geller managed to incorporate all she'd learned into a science: The science of fit.

By 2005, the newly minted designer debuted Paige Denim to a public ravenous for proper-fitting jeans. A book and a website specifically designed to match body type to the right cut followed soon after.

"I think that fit never goes out of style no matter what you're doing in a line. I could do denim, non-denim, jackets, gowns, and to find a great-fitting article of clothing is the most important thing," she says.

While her brand has taken off amongst young Hollywood celebrities, Adams-Geller wants her clients to know that her jeans are meant to fit everyone. She even makes a point of sending models back to their agencies if they're too skinny.

"You're supposed to fill out jeans, you're not supposed to have a saggy butt!" she says with a laugh. "So it's been interesting trying to get that message out there while finding a hip, cool model that's not plus size but looks great in the jeans."

For more information, check out paigeusa.com.

▶ Paige Adams-Geller designs jeans for women of all sizes. She has even sent back models she feels are too skinny.

Perfecting the fit

First thing's first: Stop obsessing over the number sewn into your pants. "People can be fixated on sizes and there's no set standard in the industry for what a size is," designer Paige Adams-Geller advises. "So if you put something on that you think is your size and it's too small, all of a sudden the tape starts running in your head: 'Oh my god, did I gain weight?' And you start freaking out that maybe you shouldn't be trying on jeans that day." Instead, ignore the double digits and focus on how the pants look on your body.

- **Crack is wack:** Ladies and gentlemen, have a seat. "I think that one of the biggest mistake people make is to not do the sit-down test. Put a pair of jeans on in the dressing room and maybe they look fabulous standing in them, and then they sit down and they have the butt cleavage. And I always say no to crack."
- **Loose Cannon:** On the other hand, too much give isn't good either. "Many times women will buy jeans that are too loose. Most jeans will tend to grow a bit, so you need to walk around in them, bend, flex, because the jean might grow half a size and you don't want your it to look dumpy if it's a tight style."
- **Know your stuff:** A basic idea of what you're looking for can make all the difference, says Adams-Geller. So before you wander blindly into a store, figure out if you're looking for a pair of casual day-to-day pants, or something that could work for going out at night. JORDANA DIVON

News in brief

NARS Cosmetics introduces two new compact palettes for fall — Beautiful Life for lips and cheeks ($65) (pictured); and Only You for eyes and cheeks ($75). Both palettes will be available at Holt Renfrew, The Bay and Murale locations.
METRO

Levi's aims to talk about shape, not size with new Curve ID denim line for women.

At first blush

Girls are using beauty products at a younger age, but it's wearing off sooner, says market research

ISTOCK PHOTOS

▶ Among 13- to 17-year-olds, 47 per cent are wearing mascara on a regular basis.

It starts with gloss and polish, then it's mascara and eyeliner.

To parents, it might seem as if their girls are wearing makeup overnight, but sales figures show that it's a steady progression from essentially toddlers to teens — with a surge of interest during the tween years.

But engagement with colour cosmetics is waning among young women, age 18 and up, according to market research firm The NPD Group.

Young girls are becoming exposed to beauty routines earlier on — especially with all the mother-daughter bonding that's going on at nail salons and spa birthday parties — but that excitement might be wearing off by the time older girls are establishing their own regimen, observes NPD beauty-industry analyst Karen Grant.

Overall, girls in the 13- to 17-year-old range still use more makeup than their younger sisters, but the percentage of the high schoolers using makeup now is less than it was a few years ago, while the percentage of elementary and middle-school girls is higher.

By age 18, these young women are looking to keep their skin healthy and enhance their appearance with a handful of tried-and-true cosmetics, Grant explains, but their experimental phase is largely over.

"You've got girls asking, 'Do I really need this?'" says Grant. "Maybe it's not that exciting anymore because they've been using it since they were younger."

Eva Chen, beauty and health director at Teen Vogue, agrees that there's the excitement factor that comes with literally the first blush of beauty products — but that can get old.

"A lot of tween girls think makeup is really exciting to them when they first start to wear it because it's probably something they haven't been allowed to do . . . About 13 or 14, they feel like they're over lip gloss. They still wear it, but that's when they want to transition into mascara, but that's one more step for parents to accept."

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Clothes swap works

Online site helps parents get back-to-school ready without spending

Kelly Trella has found a way to get rid of her two-year-old son's old clothes: She swaps them.

Trella was looking for a way to clear out her basement when she stumbled upon a magazine article about thredUP, a children's clothes swapping website. She signed up and has been swapping gently used clothes from her Meriden, Conn., home ever since.

"Its cost-effectiveness is terrific. It's really great to have an opportunity to share with folks around the country," she said.

ThredUP launched in mid-April and now has 15,000 members with another 1,000 being added each week. Founder and CEO James Reinhart says the Cambridge, Mass.-based company is trying to attract parents who are buying back-to-school clothes, which, he says, is one of the largest one-shot expenditures for families during the year.

THE ASSOCIATED PRESS

▶ Kelly Trella poses with her son Jake, 2, who is wearing an outfit of clothing that Trella received from swapping on thredUP, a children's clothes swapping website.

That thredUP even exists is surely driven by the economy, but there are other ways to swap clothes.

The retail chain Once Upon A Child sells new and gently used products in the U.S. and Canada. These days people who once only dropped off clothes are buying them, too, said Dawn Weston, owner of the franchise in Brandon, Fla.

"More people are being conservative. They are being conscious of what they spend," she said. "They didn't have to worry about it before. They still want their kids to have those really nice things, but they don't have the bucks to do it."

Online back-to-school swapping was a natural extension of clothing rental sites for grown-ups. At renttherunway.com, a $1,050 Herve Leger dress can be rented for $150, "to give every woman in American access to this Cinderella experience," said co-founder and CEO Jennifer Hyman. Expectant mothers can rent a pretty dress at RentMaternityWear.com.

ThredUP partnered with a Boston charity Cradle to Crayons to give $1 from every swap to the charity to help clothe children and buy them school supplies.

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Get your baby's nursery up and ready

HOMES IN STYLE

HEATHER BUCHAN
HOME@METRONEWS.CA

When it comes to planning a nursery, even the most "design-impaired" people end up enjoying it. And with today's vast array of baby furniture and accessories, don't be afraid to go bold.

According to interior designer Erin Feasby, co-owner of Toronto-based design firm Feasby & Bleeks Design, after years of being very one-dimensional, nurseries are returning to the "full-on decorated" look.

"From custom lampshades, use of trim on furnishings, original art and lots of details, it's really an opportunity to show some personality and have more fun than you might with your everyday rooms," she says.

Feasby points out that choosing a motif when beginning to plan your nursery — be it nautical, animal, fairy — can help guide you when putting the room together. "Find either a fabric you love, or carpet or bedding — it could even be a great piece of art — and use that as a fun jumping off point," she advises.

As for colours, Feasby says many parents are also turning to bolder colours including faded black, medium and charcoal grays, chocolate brown, navy with added hits of yellow, orange or red, rather than the traditional pastel pinks and blues.

When it comes to which items to splurge on, Michelle Schmidt, who co-owns Richmond Hill Ont. baby boutique Belly Bumps and Babies with her husband Scott, says without a doubt, it's the crib.

Not only is the safety and comfort of your baby a huge factor, but Schmidt says many cribs these days, like the eco-friendly Oeuf ones she carries, convert into toddler beds, providing longevity for parents who want to invest in quality furniture.

"From custom lampshades, use of trim on furnishings, original art and lots of details, it's really an opportunity to show some personality and have more fun than you might with your everyday rooms."
INTERIOR DESIGNER ERIN FEASBY

The other big-ticket item: A glider. "They're no longer traditional rocking chairs," explains Schmidt of the Monte Lucca ones she carries. "They're modern with simple lines in a variety of fabrics and colours, so when you're finished with the nursery, they can be used in another room."

Both Schmidt and Feasby agree that drapes are one must-have design element in a nursery that many parents are turning to these days.

"We actually try and find fabric that is not necessarily suited for a baby, but is just fun and bold," says Feasby.

1

2

1 OEUF, $890
Their classic crib's modern design is sturdy, safe and available in birch or walnut non-toxic water-based finishes. The best part: it converts into a toddler bed. nyc.com

2 PI'LO, $54
Add an ethereal element to your little angel's nursery with a handmade 11 x 14" canvas with stenciled words and sewn objects to hang beside the crib. pilo.ca.

3 ANTHROPOLOGIE, $78-298
Add a touch of fantasy to your little dreamer's room with this Dream Menagerie rug. anthropologie.com.

4 DWELL STUDIO, $124
This playful elephant bookshelf in lemon makes reading all the more fun for little ones. dwellstudio.com.

5 POTTERY BARN KIDS, $115-149
Made especially for toddlers learning to walk, these soft, cosy chairs add a grown-up element to a wee one's room. potterybarnkids.com.

6 DWELL STUDIO, $360
The Owls Sky Crib Set is just one of an array of whimsical designs to liven up any nursery. dwellstudio.com

7 POTTERY BARN KIDS, $54-69
Add a touch of old-school charm to your nursery with personalized stepping stools. potterybarnkids.com.

8 ANTHROPOLOGIE, $14
Get your kids learning their ABC's with this Pinwale Alphabet in corduroy that can make economical wall art in any nursery. anthropologie.com

9 SKIP HOP, $98
Playspot interlocking foam tiles can be placed anywhere to create a safe (they're free of BPA, Phthalate and PVC) and soft floor surface for baby to play. Come in a variety of colours. skiphop.com.

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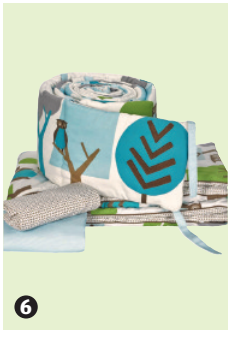
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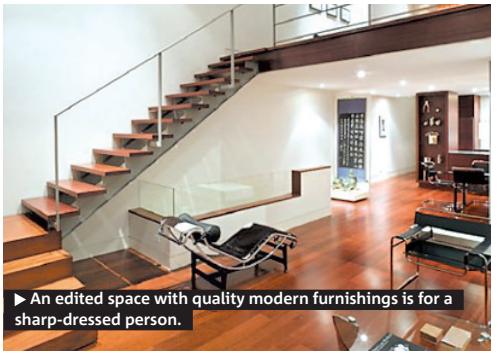
Finding your own decor style


▶ An edited space with quality modern furnishings is for a sharp-dressed person.

▶ Classical accessories will add charm for a long time.

Be sure to make decisions when decorating based on who you are so you can match your surroundings

DECOR MOMENT

KARL LOHNES
HOME@METRONEWS.CA

I've helped a lot of people decorate their homes over the years and the one thing that I discover is that people do not know their decor style. I am a believer that we should live by our style; that means our lifestyle dictates the clothes we feel most comfortable wearing and there is a certain relationship between lifestyle, fashion and home decor. Here are a few ways to help your define your style:

Look at your wardrobe:

Do you save clothing from years gone by or feel comfortable buying vintage clothing? If that is the case then you probably don't mind buying pre-owned furnishings. This most likely means you have an eclectic style of decorating that bends toward a traditional look. Your best shopping haunts: Local flea markets, Goodwill and vintage shops.

Conservative colours?

Do you have very conservative colours in your wardrobe like navy, brown and grey? You should most likely decorate your home with neutral colours like taupe, sand, chocolate browns and cream. You are a decorator that tends to make serious, long term decorating purchases. Your best shopping haunts will include high-end traditional furniture stores, better department stores and custom reupholstery services.

Bright and flashy?

Are you always on the hunt for the splashiest party dress or purchasing the latest bright coloured tie? You are an experimenter decorator who loves reading decor magazines. You shouldn't mind replacing items every few months. You are best to shop at discount fashion retailers (like Homesense) and the clearance section of any furnishings store.

High quality

Is your closet filled with a very edited collection of the very best quality work clothes and a limited supply of casual clothing? If so, you most likely enjoy a very controlled environment of sleek, classic furniture pieces and fine art. A tuxedo style sofa covered in a wool suiting fabric paired with a sleek Italian leather chair would suit you best. You should be shopping with a designer at auctions, antique stores, and trade only showrooms to get the couture look in your home.

Fun quotes

- "They say they want 'hotel-chic' yet their place looks like their granny lives with them."
- "She's wearing an Armani suit, yet has a wall unit made of milk crates."

▶ Old furniture pieces can look new again and discount fashion retailers are the perfect place to start.

NEWS CANADA PHOTO

▶ A new counter top and faucet can work wonders for resale value.

Upgrade your condo kitchen for resale

If you're thinking of selling your condo, it may be time to look at a few simple but effective improvements for your kitchen that give it a lift and create a better first impression for potential buyers.

The good news is that just about any manufactured component of a kitchen is now available in a wide range of materials, colours and styles. The kitchen and bathroom are the hottest rooms in the house to renovate so that makes it easy to find two or three items that will replace and upgrade what you have.

• If your counter top is laminate, consider either replacing it with a stone top or upgrading the overall look with a wood trim or edge. Ideally, switch to quartz or granite which will help with resale and to achieve an overall high-end look. If you choose quartz — Silestone, Caesarstone, or Hanstone are among the brands available — there are many colours and patterns available, so it will be easy to match existing colours and cabinetry in your kitchen to the counter top. Natural granite counter tops can be more economical, so if you're selling this may be a better option. But for ease of maintenance, colour selection and bacterial protection, the man-made quartz tops are a better choice.

• If you don't need to replace your counter top, you can glamorize the entire working area with a new sink and faucet. Whether you're selling or staying, go with a trustworthy brand for these products. There are many cheap imports on the market now of sinks and faucets, but because of the heavy use and visibility of the sink and faucet, quality that comes with a premium brand makes for a relatively inexpensive upgrade. And if you're selling, this tells prospective buyers that you have paid attention to quality even in the details.

For an exceptionally wide selection of the latest faucet designs and premium stainless steel sinks, including drainboard sinks, visit German manufacturer Blanco at blanco canada.com.

NEWS CANADA

Ooh, shiny

▶ Use materials with a high-gloss or shiny finish. This will freshen up a tired room and always looks new and clean. A stylish faucet in chrome, instead of the more expensive stainless steel finish, is a good choice as it creates an instant fresh look. Consider a unique design and highly function sink such as a drainboard model. Even small kitchens can often accommodate a drainboard stainless steel sink, as the drainboard can be installed over the dishwasher, and this additional stainless steel drainer element adds more shine to the counter top, which can help if you have an older or laminate top.

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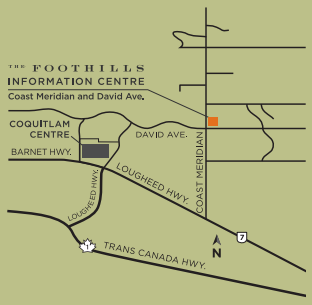

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THE FOOTHILLS BURKE MOUNTAIN

THEFOOTHILLSATBURKE.COM

News in brief

Energy efficient

Here are some energy efficient tips:

• Save as much as 10 per cent on your cooling bill by setting the programmable thermostat five degrees warmer at night and during the day when nobody is home.

• Keep your central air conditioner working efficiently by changing your furnace filter. A clean filter means the system doesn't have to work as hard to push cool air throughout the house.

• Ensure vents are unobstructed so your cooling system can provide even air distribution and close vents in less used rooms so you're not paying to cool empty spaces.

• By lowering the programmable thermostat by two degrees overnight and when nobody is home, you could save as much as four per cent on heating costs.

NEWS CANADA

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ARTS AUTOMOTIVE
"Art's Automotive is the first automotive shop that I have gone to and received not only amazing service, but also honest service."
MINIT-TUNE & BREAK AUTO CENTRE
"They are really honest, do the work quickly and try to keep your cost as low as possible."
ARASH SHARIFI A-PLUS AUTOMOTIVE
"Finally, a garage that will tell you when things can wait to be fixed."
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- Wide variety of sandwiches

LUNCH RUSH

JOAN CHANG
FOOD@METRONEWS.CA

Want a place to get together? How about The Commune Café?

It opened last weekend and is already drawing in the neighbourhood.

With its clean, slick cafeteria-style dining room, Commune keeps it simple. There's a reasonable variety of sandwiches on the menu board with salads, share plates and some breakfast favourites.

Ingredients are advertised as locally sourced and organic. In addition, the flavours are fantastic.

My Portobello, arugula and goat's cheese sandwich ($8) comes in a hearty whole grain bread. It's perfectly toasted and the sweetness of the portobellos matches beautifully with the salty goat's cheese.

Sandwiches don't come with sides. So go with a friend and share the excellent daily cheese & moccias butcher block ($12).

My dining companion and I happily ate through the delicious selection of brie, fig and red wine salamis, cornichons, candied walnuts and other savory treats.

Commune Café
1002 Seymour St.
(604) 681-2551
Rating: Four out of Five
Low $: Ham cheese and egg panini $6
High $: Daily cheese & moccias butcher board $12
communecafe.ca

So many options to make a great salad

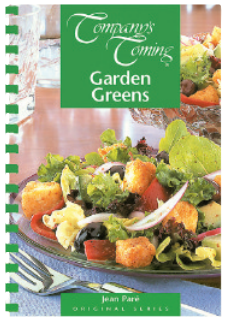
Ah, summertime and thoughts turn to the harvest and consumption of fresh produce. And what better way to enjoy a variety of seasonal items than in a salad.

Jean Pare, author of the prolific Company's Coming series, says the home cook has umpteen choices with salads, depending on how the ingredients are combined and styled. That is abundantly apparent in her cookbook Garden Greens.

Gone are the days when salads were a few pieces of limp iceberg lettuce garnished with tasteless tomato wedges. Now, salads are fun, flavourful and versatile, Pare writes.

"You can arrange a salad, you can arrange it on the plates or put it on lettuce and arrange the different ingredients all around or drizzle a little dressing on top," Pare said in an interview from Edmonton.

"Or if you want to be really fancy you can make a layered salad. But to make it show up the best you need a glass bowl for it and you can see the layers."



A salad can even be a meal with the addition of meat, chicken, fish or beans, she suggests. "You just add some garlic bread or cheese bread or fresh biscuits to round it out."

Pare says you can also put your greens in soup. She includes a section in the book for various hot and cold creations.

A nice touch in the book is a glossary that explains various types of lettuce and such other ingredients as okra, fiddleheads and Chinese broccoli for the uninitiated.

THE CANADIAN PRESS

Spicy Garlic Lemon Shrimp

▶ A tasty appetizer option.

Yields 6

Ingredients :
- 1 tbsp (15 ml) olive oil
- 1 clove garlic, crushed
- 1/2 tsp (2 ml) dried crushed chili
- 1/2 tsp (2 ml) cumin
- 1/2 tsp (2 ml) paprika
- 1/2 lemon, juiced
- 1 tbsp (15 ml) chopped fresh parsley
- 1/2 tbsp (7 ml) sherry
- 12 jumbo tiger shrimp, peeled and deveined
- 6 bamboo skewers, soaked
- Salt and pepper, to taste

Easy and breezy! Tapas-style shrimp skewers will make an excellent addition to your summertime outdoor party menu. To achieve optimum flavours and reduce preparation time, marinate shrimp overnight.

This recipe was created by Chef John Cirillo, who has twice been recognized as Toronto chef of the year (1998 and 2003) by the Escoffier Society. He runs a cooking academy and the restaurant Oregano by Cirillo's in west-end Toronto.

Preparation:

1. In a medium bowl, add oil, garlic, chili, cumin, paprika, lemon juice, parsley and sherry and mix to combine. Add shrimp to marinade and toss to coat. Cover and place in fridge for 30 minutes or up to one day.
2. Thread 2 shrimp onto each skewer and season with salt and pepper. Heat barbecue to high, then place shrimp skewers on the grill and cook for 2 to 3 minutes per side. Once fully cooked, remove shrimp skewers from heat and serve.

THE CANADIAN PRESS

Jackson gets the game ball

- Head coach is confident former Notre Dame star can get the job done
- Riders defensive back wary of Jackson's foot speed and arm strength

DARRYL DYCK/THE CANADIAN PRESS

▶ Jarious Jackson will start at quarterback for the B.C. Lions when they face the Saskatchewan Roughriders tomorrow.

Jarious Jackson isn't fitting himself for a Superman's cape.

The B.C. Lions quarterback says it will take team work, not a super-human effort by one player, to put the Lions back on track. Jackson will get his first start of the CFL season tomorrow when the Lions (1-5) face the Saskatchewan Roughriders (4-2) at Mosaic Stadium (TSN, 6 p.m. PT).

"I'm just looking at this as me being a football player and this is what I do," said Jackson. "We're not 5-1, we're 1-5. It just so happens we're playing a great team in Saskatchewan this week.

"We are trying to get this thing turned around. This is the bed we have made so far."

The likable 33-year-old started the season third on the Lions' depth chart after undergoing shoulder surgery in January. An injury to starter Casey Printers, and the inability of second-year player Travis Lulay to produce a win in three starts, has resulted in the Lions pinning their hopes on the former Notre Dame star.

Wally Buono, the Lions coach and general manager, has no qualms about using Jackson to snap a five-game B.C. losing streak. Jackson has a 13-5 record as a starter since joining the Lions as a free agent in 2005.

"He has been in this situation before," said Buono. "He has delivered for the club before. The players do rally around him.

"He understands what his job is."

Saskatchewan defensive back Omarr Morgan said the Riders know Jackson can be dangerous.

"He runs like a running back," Morgan said after the Riders practised yesterday. "He makes a decision and he goes. There is no grey area.

"He probably has one of the strongest arms in the CFL. He can throw the ball from anywhere on the field. That causes a lot of problems. He's been around this game a long time. He knows the ins and outs."

Both teams are coming off loses. The Lions were beaten 27-22 last week by Calgary in a game made close when Jackson came off the bench to lead a late scoring drive.

Saskatchewan lost 30-26 to Montreal to drop to second place in the West.

THE CANADIAN PRESS

B.C. offence 'looking for a spark'

99

Lions quarterback Jarious Jackson completed eight of 17 passes for 99 yards and threw one interception in about a quarter of work last week.

DARRYL DYCK/THE CANADIAN PRESS

▶ Paris Jackson, left, says the Lions need energy.

Jackson takes over a toothless Lions offence that has scored the least amount of points in the league. B.C. is last, or second last, in several offensive categories, including touchdowns scored, passing TDs, time of possession, first downs and yards per game.

Slotback Paris Jackson said Jarious Jackson will bring some confidence to the offence.

"As a whole the offence hasn't been moving," said Paris Jackson. "I think we are looking for a spark.

"Maybe a guy that has a little veteran leadership skills . . . brings a little bit of energy and brings a discipline to the offence."

THE CANADIAN PRESS

Improbable run ends at Rogers Cup

Peter Polansky tried his best and gave them a thrill, but his best efforts still left Canadian tennis fans in the same position they have occupied for decades — waiting for a homegrown winner at their men's tennis championship.

The 22-year-old from Thornhill was the last Canadian left standing in the singles draw at the Rogers Cup, and he was eliminated at centre court yesterday. Polansky fell in straight sets to Romanian Victor Hanescu, losing 6-4, 7-6 at Rexall Centre.

"It's always a little something special to be the only Canadian that made it this far," Polansky said softly after his loss. "Even though I'm slightly disappointed today, it was still a very good tournament for me."

It has been more than 50 years since a Canadian won the title. Robert Bedard won the championship in 1958, which was his second straight win at the event. Canada does not have a player ranked in the top 100 on the ATP World Tour.

THE CANADIAN PRESS

FRANK GUNN/THE CANADIAN PRESS

▶ Peter Polansky

UBC facility set to host Raptors

The Toronto Raptors will hold part of their 2010 NBA training camp at the University of British Columbia in Vancouver, the team announced yesterday.

The Raptors will begin camp at Air Canada Centre in Toronto from Sept. 28-30. They will train at the War Memorial Gymnasium at UBC from Oct. 1-6.

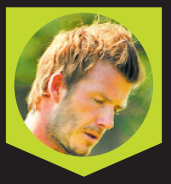
The Raptors will play an exhibition game Oct. 6 against the Phoenix Suns at Vancouver's Rogers Arena. The team begins the regular season against the New York Knicks Oct. 27 in Toronto.

THE CANADIAN PRESS

4 sports

Up and down

Diego Maradona
The former Argentina coach has job offers from two clubs in Brazil and a national team in Europe, his assistant says.



David Beckham
The 35-year-old's record-setting England career appears to be over after coach Fabio Capello indicated yesterday the midfielder is too old.

Scan code for more sports

Sports in brief

Pacers land guard in deal

NBA. The Indiana Pacers have acquired point guard Darren Collison and forward James Posey from New Orleans. THE ASSOCIATED PRESS

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Opinion

DAN TOTH
CFL EXTRA POINTS

TIGER-CATS FANS HELD HOSTAGE IN HAMILTON

The Canadian Football League is a volatile place to run a business, even now when the loop boasts of record attendance and strong TV viewership.

The latest "crisis" has Tiger-Cats owner Bob Young understandably frustrated with Hamilton's ongoing saga over the location of its new stadium.

City council's decision to build a new downtown facility for the 2015 Pan Am Games has irked Young, who is threatening to pull the team out of Steeltown when its current lease expires after next season.

While it might be posturing on the part of Young, who prefers a location that would provide more parking and easier access, it's surprising the city is playing rough with its only legitimate tenant once the Games are over.

There is speculation Young may sell the team to interests in Quebec City, Moncton or Ottawa, which would be tragic for patient football fans in Hamilton, who deserve a modern home for games after putting up for decades with decrepit Ivor Wynne Stadium.

DOWN YEAR IN THE WEST

The CFL's crossover playoff format was designed to appease the perennial powerhouses of the West.

Since the crossover rule was introduced in 1997, the fourth-place team in the West has played in the East semifinal six times while no team from the East has ever crossed over to the West, but that could change this year.

The season's only one-third over, but with the B.C. Lions and Edmonton Eskimos both trapped in the basement with 1-5 records, all four Eastern teams have a shot at earning playoff berths.

HALL OF BLAME

Richie Hall is a sympathetic figure along the sidelines of the hapless Edmonton Eskimos.

The 1-5 team's likable head coach has been a success as both a player and assistant, but fingers are being pointed his way over the team's slow starts.

Pro athletes aren't supposed to require additional inspiration at game time, but how else do you explain their sluggish effort last week against Toronto despite a home crowd of more than 30,000 at Commonwealth Stadium?

No easy win for Nadal

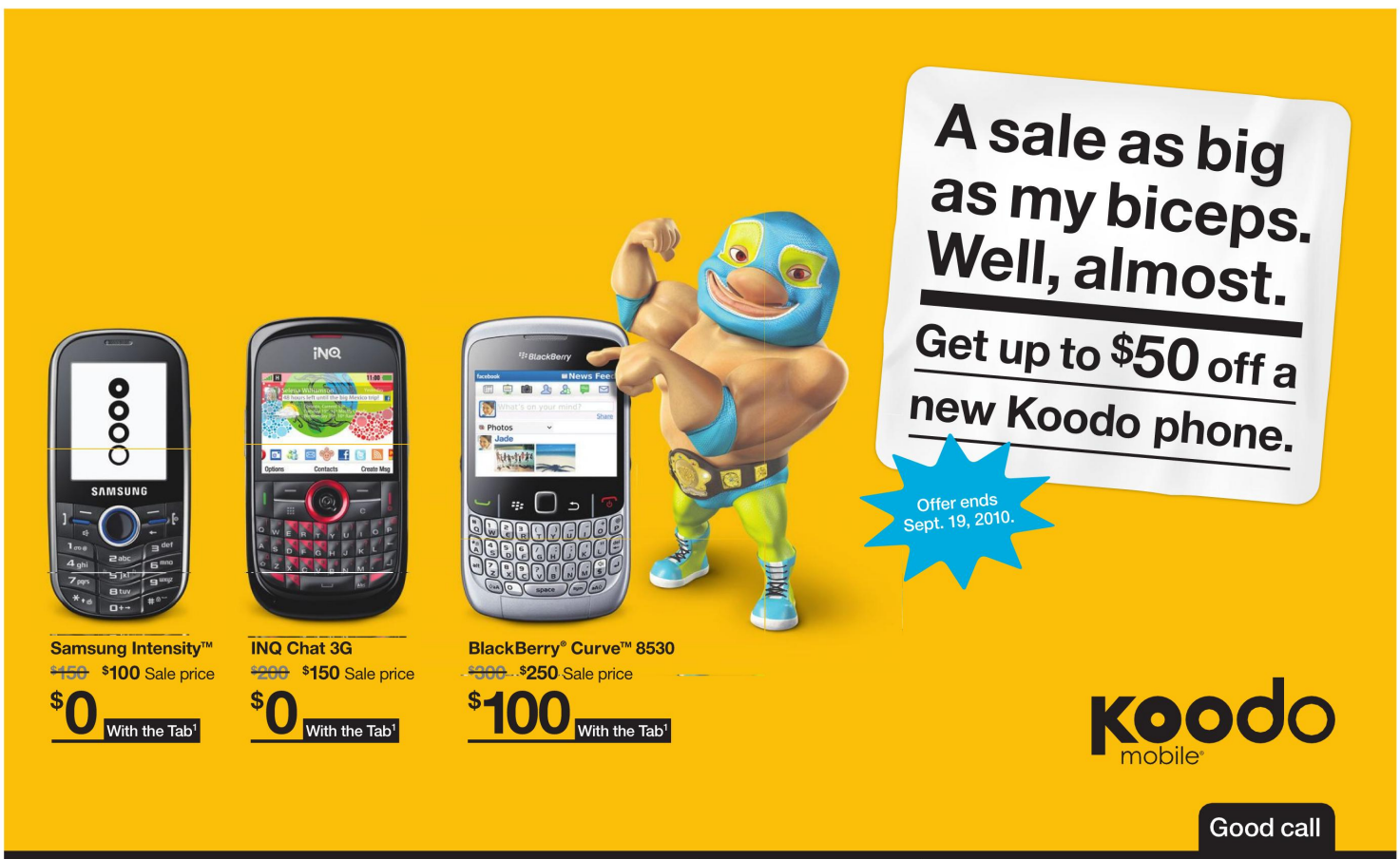
Rafael Nadal stood out under overcast skies with a fluorescent pink shirt and a headband that glowed under the lights, but the world's top-ranked tennis player had to work hard to distinguish himself against his first opponent at the Rogers Cup last night.

The 24-year-old wrestled through a marathon first-set tiebreak before he was finally able to shake Swiss challenger Stanislas Wawrinka with a 7-6, 6-3 win in Toronto.

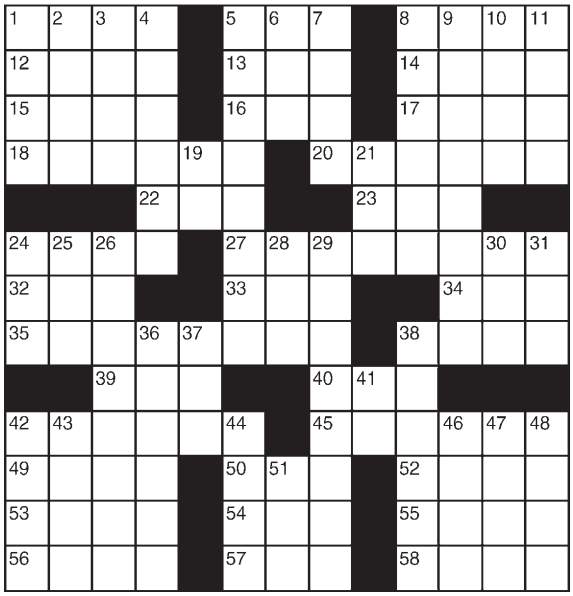
Several of the other big names entered in the $2.43-million US event had already secured passage to the next round at York University. Novak Djokovic overcame struggles with the intense afternoon heat to earn a 7-5, 7-5 win over France's Julien Benneteau.

Britain's Andy Murray began his quest for a second straight title in Canada with a 7-5, 6-2 win over Belgian Xavier Malisse in an afternoon game.

THE CANADIAN PRESS



Crossword



Across

1. Rum cake
5. Romaine's other name
8. "Hey, you!"
12. Unyielding
13. Hooter
14. Blue hue
15. Decree
16. Grazing area
17. Litter's littlest
18. Bluebeard's last wife
20. Face
22. Tuna container
23. Inmate
24. Cupid's alias
27. Relied (on)
32. Wire measure
33. Tokyo's old name
34. Mess up
35. Rainbow
38. Quarry
39. "Eureka!"
40. Piercing tool
42. Movie industry
45. Equine comments
49. Took the bus
50. Affirmative action?
52. Pennsylvania port
53. Basin accessory
54. Prior night
55. Astronaut Sally
56. Cautious
57. Simple card game
58. Dance move

Down

1. "Death of a Salesman" son
2. Met melody
3. Gravy vessel
4. Shenanigans
5. Sieve
6. Have bills
7. Serb or Bulgar
8. Clergyman
9. Waste
10. Crooned
11. London gallery
19. Mother
21. Lemieux milieu
24. Type measures
25. Tear
26. Poisonous shrub
28. School's Web suffix
29. Sachet
30. Prior to
31. Parched
36. Jovial
37. Highlander's hat
38. Electrician's tool
41. Lindbergh book
42. Squad
43. Davenport site
44. Over again
46. Sand
47. Stash
48. Leak slowly
51. Eggs

▶ Yesterday's answer

A	S	P	S	■	E	T	A	■	L	E	V	I
M	E	A	T	■	M	A	P	■	E	X	I	T
E	X	P	O	S	U	R	E	■	A	P	S	E
N	Y	A	L	A	■	■	R	E	D	E	E	M
■	■	■	E	G	G	S	■	L	S	D	■	■
M	I	E	N	■	A	L	G	A	■	I	O	N
P	O	X	■	S	P	A	I	N	■	T	W	O
H	U	P	■	K	E	Y	S	■	B	E	L	T
■	■	I	C	Y	■	S	T	A	Y	■	■	■
C	R	A	Z	E	D	■	■	L	L	A	M	A
R	I	T	A	■	E	X	P	L	I	C	I	T
E	V	E	R	■	M	I	R	■	N	E	R	O
W	E	D	S	■	I	V	Y	■	E	D	A	M

Sudoku

		2	1		3			
	3					1	4	
1	4				7	9		
6		4	7				8	
				6				
	9				5	2		3
		9	8				7	5
	5	7					2	
			5		2	8		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	1	6	3	8	5	2	9	7
7	9	5	4	6	2	3	1	8
3	6	2	7	5	4	9	8	1
9	5	8	6	2	1	4	7	3
1	4	7	8	3	9	5	2	6
5	2	4	1	7	3	8	6	9
8	7	9	2	4	6	1	3	5

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Lisa, we hope you find much joy in your new life as a teacher. We're going to miss you terribly. Call us if you need a friend to talk to. Love from **ALL THE GANG AT CNIB**

Isaiah & Ella, I love you both so much and I'm so proud of you! Always know that you are dearly loved and that I will always be here for you 100%. Love **YOUR MOMMY XOXO**

Todd, to the wonderful man I married 5 years ago happy anniversary to a lifetime of happiness, love and laughter. I love you, **YOUR WIFE DIANE**

"To my JUICEMAN!: Happy anniversay, you're the best boyfriend in the world! Thanks for making me laugh everyday. **XOXO MONKEYTOES**

The Weather Network
TWN incorporates MSC data

Today	Friday	Saturday
Sunny	Sunny	Sunny
22° / 16°	26° / 19°	25° / 18°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Don't let people get away with statements which are clearly untrue. You can tell the difference between fact and fiction and you see it as your duty to point out errors.

♉ Taurus April 21-May 21 You want to break into the big time but you don't want to break your back in the process. The good news is the planets are about to reveal a way you can move up painlessly.

♊ Gemini May 22-June 21
Other people will always make things difficult for you one way or the other, but you don't have to make things difficult for yourself. Whatever is the easiest route to your goal is the route you must take.

♋ Cancer June 22-July 22 You may be having a pleasant time at the moment but some of the people you care for don't seem so lucky, so make it your business to cheer them up.

♌ Leo July 23-Aug.23 The answer to a personal problem is really quite obvious but you seem determined not to see it. If a loved one tried to discuss the issue with you today don't put them off.

♍ Virgo Aug. 24- Sept. 22
Today's quite positive cosmic influences suggest that if you look at a dilemma with your eyes open and with a determination to deal with it once and for all you won't be in a tight spot for long. Is there an alternative?

♎ Libra Sept. 23-Oct. 23 Saturn in your sign endows you with a winning combination of ambition and staying power. So what is the one thing you dream of achieve above all other things? It's possible for you right now.

♏ Scorpio Oct. 24-Nov. 22 Is your glass half full or half empty? Is the situation you are confronted with an opportunity or a setback? How you choose to look at your life is how your life will be.

♐ Sagittarius Nov. 23-Dec. 21 It may be frustrating that others aren't as forward-looking but that's just the way it is. The more cautious they are the more opportunities there will be for you.

♑ Capricorn Dec. 22-Jan. 20
You never like it when others challenge your authority and with your ruler Saturn moving through the career area of your chart you can expect to be challenged on a regular basis.

♒ Aquarius Jan. 21-Feb. 18
There is no copyright on ideas and if you think you might benefit from someone else's insight or inspiration then by all means go for it.

♓ Pisces Feb. 19-March 20
Your life has become much too cluttered of late. A clearout is needed. Get rid of everything – yes, everything – that does not fulfill a useful purpose in your life.

SALLY BROMPTON

Caption contest

AP PHOTO

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

JEFFREY PHELPS/AP PHOTO

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